



# **Warrior Cardio: The Revolutionary Metabolic Training System for Burning Fat, Building Muscle, and Getting Fit**

*Martin Rooney*

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# Warrior Cardio: The Revolutionary Metabolic Training System for Burning Fat, Building Muscle, and Getting Fit

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## **Warrior Cardio: The Revolutionary Metabolic Training System for Burning Fat, Building Muscle, and Getting Fit** Martin Rooney

From fitness and martial arts expert Martin Rooney, author of top-selling *Training for Warriors* and *Ultimate Warrior Workouts*, comes a complete twelve-week workout and diet plan for anyone looking to shed pounds of fat and increase muscle mass. In *Warrior Cardio*, the creator of the world-famous Training for Warriors System provides the latest scientifically proven techniques for cardiovascular training paired with a weight loss plan that really delivers.

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